

# Tools of the Program

We of AA have many tools to help us.

## **Fellowship**

The company of others who share our path to Recovery. The Fellowship is expressed in MEETINGS; through LITERATURE; through SPONSORSHIP; using the PHONE between meetings; through the STEPS; and through the sharing of experience, strength, and hope outside the meetings.

## **Meetings**

Regular meetings of AA are held by Groups. The Group may host one meeting per week or many. Guides are available with a list of local days, times, and locations of meetings in the local area. Attend several different meetings and several different types (Open, Discussion, Speaker, Book Study, etc.) to find the one you want to make your Home Group, and then attend the meeting(s) for that Group regularly.

## **Groups**

This is one group of recovering alcoholics who gather one or more times each week to share their experience, strength, and hope. Joining a Home Group helps end our alcoholic isolation and helps build the foundation for the work ahead.

## **The Phone**

We use the telephone as our “meeting between meetings.” Regular contact with other people is a lifeline when new situations require us to deal differently with life on life’s terms. We call our Sponsors and call other people we have met in the meetings. We encourage you to collect and use phone numbers.

## **Service**

We do Service to share our experience, strength, and hope; to make our meetings possible; to see how our experience can benefit others; and to give back to the Fellowship for what was given to us so freely. We become trusted servants - we do not govern.

## **Literature**

The Big Book is the book ALCOHOLICS ANONYMOUS. The “12 & 12” is the book THE TWELVE STEPS AND TWELVE TRADITIONS.

These two books give the specific steps of our Program, which we have found necessary to find and maintain our sobriety. They are available at our cost and the pamphlets are free.

## **Sponsor**

A Sponsor is a person with substantial sobriety who is willing to share their experience, strength, and hope with you - to help you apply the 12 Steps

to your life. Sponsors are not therapists, counselors, bankers, or authorities.

We are all alcoholics working Recovery One Day at a Time. Find someone who has Recovery as you want it and ask them what they did to get it.

### **A Temporary Sponsor**

is someone willing to answer your first questions, even though they may only be a little way ahead of you on the path of Recovery. A Temporary Sponsor will help you for the first month or two while you look for your Sponsor.

### **Steps**

The Twelve Steps are the process to deal with life without the crutch of alcohol and drugs. The Steps are written in an order and must be worked in that order to get the effect. We work the Steps with a Sponsor and with the support of other members of the program who are ahead of us in the process - and we help those who come after us with what we have actually done.

The authority of AA comes from Page 20 of the Big Book - "We will tell you what we have done." Not theory or ideas or opinions we have heard, but actually done.